

# *Peaceful Hearts*



*Mindfulness*

*Reiki*

*Music Therapy*

*Storytelling*

*Creating a Legacy*

*We Honor Veterans*

*Aromatherapy*

**BROAD REACH HOSPICE BRINGS PEACE  
TO THE HEARTS OF THOSE IN OUR CARE.**



## **BROAD REACH**

**HOSPICE & PALLIATIVE CARE**

**390 Orleans Road,  
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*Peaceful Hearts  
Program*



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## PEACEFUL HEARTS PROGRAM

### *Introduction*

Broad Reach Hospice & Palliative Care is committed to providing our patients and their families with the best quality end of life care. Our Peaceful Hearts Program offers a unique approach to care which combines a variety of comforting interventions to promote well-being.

### *Mindfulness*

We can offer another no greater gift than our undivided attention. Mindfulness brings to any encounter the possibility of heart-to-heart connection. At Broad Reach Hospice, mindfulness principles inform our work, providing an atmosphere of genuine acceptance and kindness to the people we serve as they travel their own unique path.

### *Reiki*

Ancient cultures believed stress & illness affected the energy within and around us. Reiki is a gentle, non-invasive therapy which helps to balance the body's energy flow and is now used in modern medical settings to reduce pain and promote comfort. Our staff and many of our volunteers are trained to provide Reiki to those in our care.

### *Aromatherapy*

Smell is perhaps the most powerful of the senses. A single scent of an essential oil is capable of creating immediate and enduring changes in brain chemistry, enhancing feelings of well-being in a variety of ways. Broad Reach Hospice staff and volunteers use aromatherapy, often in combination with gentle hand caress, to promote serenity. For individuals with dementia especially, a hint of lavender, a tender touch, may create connection where words fail.

### *Music Therapy*

Music has a profound effect on us, evoking special memories and positive feelings. Studies show it reduces stress, lowers blood pressure, boosts immunity, promotes relaxation and eases pain. Broad Reach Hospice brings in local musicians to play one on one, and uses recorded musical selections individualized for the enjoyment of those we serve, to create connection and enhance balance and harmony.

### *Storytelling*

We share ourselves and our experiences through stories. Storytelling has been used for centuries to teach, share values, and make meaning. Broad Reach Hospice staff and volunteers have been trained in storytelling techniques, which bring moments of delight and humor, stimulate memories, and honor the life stories of those in our care.

### *We Honor Veterans*

Broad Reach Hospice honors the courage, bravery and service of our veterans by respectful inquiry, compassionate listening, and grateful acknowledgment of their service. Broad Reach Hospice pays tribute to these men and women with the dignity they deserve.

### *Creating a Legacy*

Our legacy is our story, our memories, our "spirit". A legacy is what we pass on to the generations that follow. Such a life review is an important part of our time with those in our care, and we can assist in creating a legacy in words, pictures and videos.

### *A Work in Progress*

As our program continues to grow and develop; we will inform you when additional services are offered. Please let us know of any special requests.